



The Journal

Vol. 29

No. 37

www.dcmilitary.com/journal/

September 14, 2017

NSAB Proclaims September Suicide Prevention Month



U.S. Navy photo by MC2 William Phillips



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NSAB to Ring Bells for Fallen Service Members

Ceremony set for
Sept. 21

By Andrew Damstedt
The Journal

For the second year, Naval Support Activity Bethesda is set to ring bells in memory of fallen service members.

The ceremony on NSAB will read the names of fallen service members and as each name is read the bell will ring once, Religious Program Specialist 3rd Class Heath Steffey said.

“This day we recognize the fallen service members of the Armed Forces in conjunction with the Gold Star Mothers and Families Day – a day set aside for all of us to remember and honor those who have lost a son, daughter, husband, wife mother or father while serving their nation in the United States Armed Forces,” Steffey said.

“Bells Across America” is scheduled to take place on the patio of Bldg. 62 Sept. 21 at 1 p.m. In case of rain, the ceremony will be held at the USO Warrior and Family Center at Bethesda.



PHOTO BY JEREMY BROOKS

Bethesda Notebook

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Sept. 21 from 1 to 2 p.m. and from 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military identification is required for base access to WRNMMC. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Substance Abuse Symposium

Walter Reed Bethesda’s 1st Substance Abuse Symposium, “Promoting Recovery Through Compassionate Care,” is scheduled for Sept. 20 from 7:30 a.m. to 1 p.m. in the Memorial Auditorium. The symposium is open to everyone interested in learning more about substance abuse and misuse.

Code Green Exercise

Walter Reed Bethesda conducts a Code Green exercise Sept. 29 during normal business hours. The exercise is used to test the medical center’s readiness for a multi-casualty event. The exercise will include staged casualties and injuries, emergency response activities, as well as sirens and alarms. For more information, contact Melissa Knapp at melissa.h.knapp2.civ@mail.mil, or 301-319-4906.

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NSAB Highlights Suicide Prevention Resources at Proclamation Signing

By Andrew Damstedt
The Journal

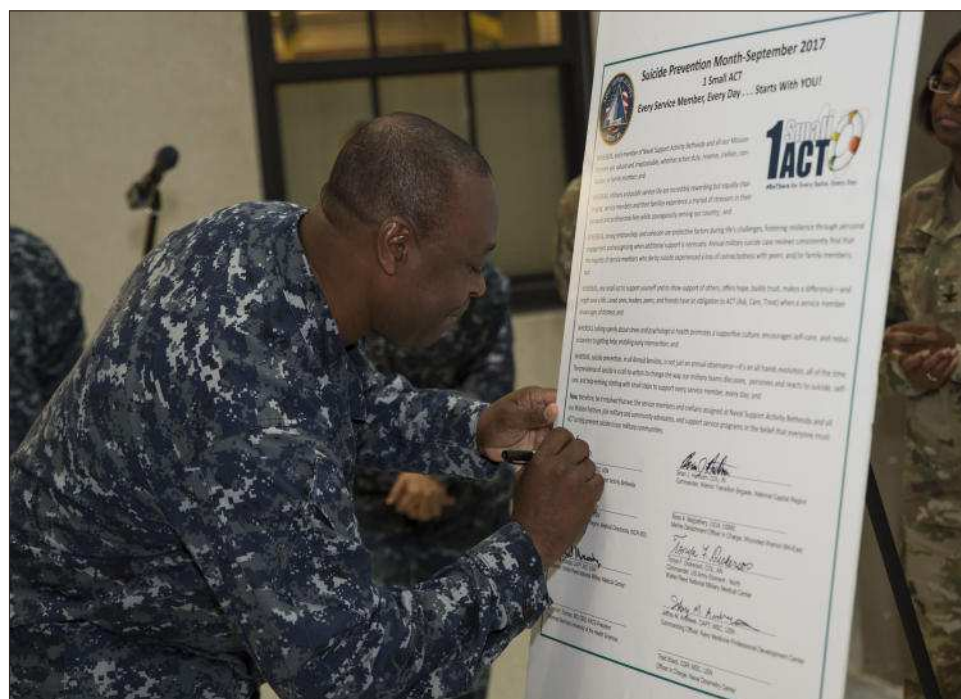
A first-year Sailor contemplated suicide at the beginning of an eight-minute play during Naval Support Activity Bethesda's Suicide Prevention Month proclamation signing ceremony Sept. 6, but changed his mind after seeing resources made available to an older Sailor who also had suicidal thoughts.

"Focus on the Help," was performed by service members and leaders as well as a Fleet and Family Service Center (FFSC) social worker to show the many suicide prevention resources available to service members.

"Seaman First Year," played by Culinary Specialist Seaman Michael Smith, changed his mind about getting help after seeing "Petty Officer Been Around," played by Master-at-Arms 1st Class Michael Jackson, receiving help from his leaders, a chaplain and speaking to a FFSC social worker.

After the skit, FFSC Education Services Facilitator Carren Francis asked the audience to list off other available resources.

Answers included Walter Reed National Military Medical Center



PHOTOS BY MC2 WILLIAM PHILLIPS

Naval Support Activity Bethesda (NSAB) held a proclamation signing Sept. 6 aboard NSAB. The proclamation signing was a way to highlight the resources available on base for service members and their families. The program included a play performed by service members and civilians to show situations that might lead to suicide and how to get help.

(WRNMMC) behavioral health department, calling the FFSC, introducing the young Sailor to the Liberty Zone, getting financial help from the Navy Marine Corps Relief Society, using the Navy Wounded Warrior Safe Harbor program, talking to the ombudsman and

attending a lethal weapons safety training.

"Trouble never comes 8 to 5 most the time," said NSAB Chaplain Lt. Cmdr. Christilene Whalen. "For us, it comes in the middle of the night, on weekends, when everyone else is asleep and we feel lonely."

Whalen encouraged service members to put the Military Crisis Line, 1-800-273-8255 (press 1) in their cell phones as well as other phone numbers.

Some of those numbers available on NSAB include FFSC at 301-319-4087; Walter Reed National Military Medical Center (WRNMMC) Behavioral Health, 301-295-0500; WRNMMC Department of Pastoral Care offices, 301-295-1510; NSAB Religious Ministries office, 301-319-5058; Uniformed Services University of the Health Sciences (USU) Family Health Clinic, 301-295-3630; or going to the WRNMMC Emergency Room.

FFSC Director Oswald Elie read the 2017 proclamation, which encouraged everyone to ACT (Ask, Care, Treat) to help prevent suicide on a year round basis.

"The prevalence of suicide is a call-to-action to change the way our military teams discusses, perceives and reacts to suicide, self-care and help-seeking, starting with small steps to support every service member, every day."

Resource tables are set to be put up at different locations on base during the month.

In addition to calling the Military Crisis Line, people can text 838255 or go online for a confidential chat at www.militarycrisisline.net.

Ceremony Remembers 9/11

By Bernard S. Little
WRNMMC Command Communications

The Chief's Mess and chief petty officer selectees hosted a solemn ceremony in remembrance of 9/11 in front of the historic Tower on Naval Support Activity Bethesda.

Navy Rear Adm. Terry J. Moulton, deputy surgeon general and deputy chief of the Bureau of Medicine and Surgery, served as guest speaker during the ceremony. He recalled working at the Pentagon on Sept. 11, 2001.

"Let us not forget that day," Moulton said. "Every time I hear Alan Jackson's song 'Where Were You (When the World Stopped Turning),' I think about that day," he added.

The admiral explained how on Sept. 11, 2001, he was working at the Pentagon as director of health affairs for the assistant secretary of the Navy, Manpower and Reserve Affairs. He recalled the exact room where he was working.

"At 8:46 that morning is when the first plane flew into the World Trade Center's North Tower. My colleagues across the hallway were watching it [on television], not knowing what was in store for us the rest of the day. At 9:03, the second plane flew into the World Trade Center's South Tower. At 9:37, we heard this big explosion in the Pentagon. It shook the building. It was a surreal moment. It was like watching a movie. No one was talking and we were all trying to get to the stairwells [to evacuate the building]."

Moulton said once outside of the building, he made the decision to go back in to offer assistance in the DiLorenzo Clinic. He said a nurse in the clinic asked him to take some equipment outside of the building to provide medical aide to where most of the casualties were receiving triage and care. He recalls those severely injured and burned. "I never have forgotten that," he continued.

The admiral said he was impressed by the coordination of care provided casualties in a traumatic and confusing situation. He added that he said to himself, "I think I can make a difference, at least to one person." He began assisting in the care of casualties and ensuring they were put in ambulances and other vehicles to be transported to health care facilities throughout the region.

"I ended up staying there all day until around 6 p.m., and then it was just sort of quiet," Moulton continued. He said he then walked to the building where his wife worked close by in Crystal City. "She was able to watch



PHOTOS BY MC2 KEVIN CUNNINGHAM

A chief petty officer selectee rings a bell during a 9/11 observance at Walter Reed Bethesda Monday to indicate an event that occurred on 9/11 when lives were lost on that day.

the fire, plume and billows of smoke [coming from the Pentagon], but she knew I was OK."

On that day 16 years ago, Moulton said he witnessed the value of military health care.

"I think about our training and what we do every day in taking care of people. I just want to say thank you for what you do each and every day. I'm proud to be a part of this team, and I'm proud of what we did that day to take care of people. [9/11] changed our lives forever," he concluded.

Navy Capt. (Dr.) Mark Kobelja, director of Walter Reed National Military Medical Center concurred that 9/11 "transformed how [people] think about the modern era and the joint force.

"It is good that we pause from our daily routine to reflect back on what [9/11] means to us and the importance of the joint force...Army, Navy, Air Force, Coast Guards, Marines, U.S. Public Health Service...to come together when our nation needs us," Kobelja continued. As [retired Navy Vice Adm. (Dr.) Matthew] Nathan, prior Navy surgeon general used to say, 'We are the nation's 911. When everyone else is running out, we run in,' just as the [U.S. Navy hospital ship] Comfort is coming on full steam and getting ready to get underway in



Chief Petty Officer Selectees Alison Ford and Farrah Fleury place a wreath in front of the historic Tower on Naval Support Activity Bethesda in remembrance of those who lost their lives on 9/11 and to commemorate how the country came together to rebuild following the tragic events of that day.



The official party during the 9/11 remembrance ceremony at Walter Reed Bethesda pays respect to the nation during the solemn observance in front of the Tower on Naval Support Activity Bethesda on Sept. 11, 2017.

support of Americans and our partner nations in the Caribbean who now need our help, that's what we do," the WRNMMC director added.

The ringing of the Chief Petty Officers' Bell at Walter Reed Bethesda was also part of the observance. Each ring indicated an event that occurred on 9/11 when lives were lost on that day, and the American flag was lowered with each ring until it was half-staff/half-mast.

The 9/11 attacks resulted in 2,606 deaths at the World Trade Center, 343 deaths of emergency responders, 246 deaths of those onboard the four hijacked planes used in the attacks, and 125 deaths at the Pentagon. The attacks also included the crashing of United Airlines Flight 93, into a field in Stonycreek Township near Shanksville, Pennsylvania, after its passengers tried to overcome the hijackers.

CPO selectees placed a wreath in front of the historic Tower on Naval Support Activity Bethesda in remembrance of those who lost their lives on 9/11 and to commemorate how the country came together to rebuild

following the tragic events of that day.

The observance ended with a moment of silence and the playing of "Taps."

Deborah McDonough, patient safety manager in quality at WRNMMC, said her husband was attached to the Pentagon during 9/11. "I remember the day extremely well, as many of us do. It's important we keep that in mind and remember the lives lost." She added the observance at WRNMMC was "very moving."

Navy Cmdr. Gordon Blighton, WRNMMC's director of resource management and Kobelja's executive assistant, agreed, stating, "A lot of people tend to forget what we've been through, and it's good for us to reflect and remember. I've had an opportunity to do three deployments since 9/11, and to think about the freedoms we have in this country, although we've been through some tragic times, are still great compared to other countries where they don't have those flexibilities and freedoms. For us to forget about what's happened, also means we forget about what the cost is to have those freedoms. That's why it's important for me [to remember 9/11]."



Service members pay respect to the nation during the 9/11 remembrance observance at Walter Reed Bethesda on Sept. 11, 2017.

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PHOTOS BY BERNARD S. LITTLE

Navy Capt. Valerie Morrison present awards (left to right) to Vashtie Sirleaf, Danielle Cogburn, Veronica Young and Sydney Rice.

Walter Reed Bethesda Honors Extraordinary Nurses

By Bernard S. Little and Kalila Fleming
WRNMMC Command Communications

Walter Reed National Military Medical Center recently honored four of its nursing team members with the DAISY Award for Extraordinary Nurses.

Navy Capt. Valerie Morrison, director of nursing services at WRNMMC, presented the DAISY awards to Vashtie Sirleaf (April), Navy Ensign Danielle Cogburn (May), Veronica Young (June) and Army 2nd Lt. Sydney Rice (July) at their work areas.

“It’s just a great way for us to recognize our nursing team on a monthly basis,” Morrison said about the initiative at WRNMMC. “It really does spotlight the excellent care each and every one of our nurses gives every day.” Anyone, including patients, family members, colleagues, volunteers and visitors, can nominate a nursing team member for the DAISY award at WRNMMC.

The patient who nominated Sirleaf for the April DAISY award stated, “[This nurse’s] skills are beyond exceptional, and she is committed and very compassionate. [She] has the hands of absolute magic.”

“It’s a joy to have a continuity of care with our nation’s warfighters and their families,” said Sirleaf, whose originally is from Monrovia, Liberia. She added faith and her co-workers are her biggest motivation in caring for and striving to heal each of her patients.

A physician nominated Cogburn, who works on 5 East for the May DAISY award stating, “This nurse is always diligent in addressing patients’ needs. This nurse’s dedication to patient care, safety and comfort is extraordinary. On this night in particular, this nurse helped manage a patient with nausea... [Cogburn] called the resident to alert me to the situation, and by the time i was in the room, she had already cleaned up the patient and the room, and helped the patient to a chair. This nurse then proceeded to help [with] NG-tube

placement...This nurse has an excellent knowledge of the department and great situational awareness. I’m privileged to have this nurse as an asset to night float (as a resident).”

An occupational therapy staff member nominated Young for the June DAISY award, describing her as “dedicated, professional and always being in a positive, happy mood.” The nominator also stated about the 4 Center certified nursing assistant, “I always observe [Young] going over and beyond with patients, and in particular, one long-term patient. [Young] has developed a good rapport with us (therapy staff) and has borrowed OT specialty shower chair to shower this patient [once or twice a week] and assist this patient with self-care tasks. [Young] obtains clothes for the patient from the Red Cross, and she washes [them] to ensure they are clean

See **NURSES**
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U.S. NAVY FILE PHOTO BY MCI MARTIN L. CAREY

Master Chief Petty Officer of the Navy (MCPON) Delbert Black's identification tags in the historic Building 42 outside the gate of Naval Service Training Center.

US Navy Launches Future USS Delbert D. Black

From Team Ships Public Affairs

The U.S. Navy launched future guided-missile destroyer USS Delbert D. Black (DDG 119) at Huntington Ingalls Industries (HII), Sept. 8.

The process of launching a ship is a multi-day process that includes moving the ship from the land-level facility to the dry dock, which is then slowly flooded until the ship is afloat. With the ship in the water, final outfitting and production can commence.

"Production efforts on our Arleigh Burke-class destroyers remain strong," said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. "With four DDG 51 class ships currently in the water and en route to delivery, the program is in serial production and leveraging production efficiencies."

The ship is being configured as a Flight IIA destroyer, which enables power projection, forward presence, and escort operations at sea in support of low intensity conflict/coastal and littoral offshore warfare, as well as open ocean conflict. DDG 119 will be equipped with the Navy's

Aegis Combat System, the world's foremost integrated naval weapon.

The ship will also incorporate Cooperative Engagement Capability. When combined with the Aegis Combat System, it will permit groups of ships and aircraft to link their radars to provide a composite picture of the battle space, effectively increasing the theater space. The capability is designed to provide the Navy with a 21st century fighting edge.

HII's Pascagoula shipyard is also currently in production on future destroyers Ralph Johnson (DDG 114), Paul Ignatius (DDG 117), Frank E. Petersen Jr. (DDG 121) and Lenah H. Sutcliffe Higbee (DDG 123). HII is also under contract for one additional ship, Jack H. Lucas (DDG 125), awarded as part of the five-ship, multi-year procurement for fiscal years 2013-2017 and will be the first ship to be configured in the Flight III design.

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and special warfare craft.

NFL Commissioner Roger Goodell, Players Visit USO



PHOTOS BY MC2 WILLIAM PHILLIPS

NFL Commissioner Roger Goodell along with current and former players visited the USO Warrior and Family Center at Bethesda for a meet and greet Sept. 11. The visit gave service members and their families a chance to meet and interact with the commissioner and players.

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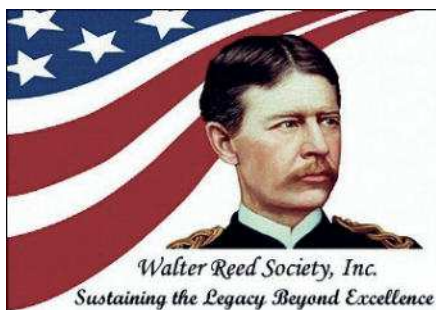
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In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

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NURSES

From
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for the patient.

"I am sure there is plenty more that [Young] does that we are not well aware of, but the good that I do notice I just wanted to communicate it with the nursing administrative staff [and let them know] that this nursing team member's hard work is not going unnoticed and that we all appreciate it," stated the nominator about Young.

A patient nominated Rice, of 5 Center, for the July DAISY award, stating, "This nurse embodies all of the principles the DAISY Award stands for...The primary characteristic that puts this nurse a head above the rest is advocacy."

The patient added about Rice, "Out of all my hospital stays, I've never had a nurse that truly cared for the patient so much as to fight for them the way [she] has done. [She] would listen carefully to my concerns and recognized

the need for the multiple disciplines to coordinate a unified plan. This nurse made that collaboration happen. She called meetings with the various doctors to facilitate joint decisions. This nurse went up the chain of command of immunology to ensure people would be staying late to support giving shots that needed to be done before the weekend began. [She] ensured my multitude of medications were delivered on time and were correct. This nurse would do it all with a calm and nurturing attitude."

Rice gave credit to her colleagues on 5 Center. "I enjoy working here and you guys are a great team," she said to her co-workers. "I wouldn't be where I am if you guys didn't teach and mentor me."

Morrison noted that the DAISY award honorees "personify the Walter Reed National Military Medical Center's remarkable patient experience. These nursing team members consistently demonstrate excellence through their clinical expertise and extraordinary

compassionate care, and they will continue to be recognized as outstanding role models in our nursing community."

Each DAISY award winner receives a serpentine stone sculpture hand carved by artists of the Shona tribe in Zimbabwe. The stone sculpture, called "The Healer's Touch," is representative of the special relationship nurses have with their patients, explained Joan Loepker-Duncan, a cardiology service clinical nurse who serves on the WRNMMC DAISY Award Selection Committee, helped to bring the recognition from the former Walter Reed Army Medical Center to WRNMMC when it integrated with the former National Naval Medical Center in 2011. In addition, each person will receive a coupon for free cinnamon rolls.

For additional information about the DAISY award at Walter Reed Bethesda, contact Joan Loepker-Duncan at 301-319-4617.

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9/176 amVolunteer at Navy/Air Force Half Marathon

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9/2211 am-2 pmMalaysian Luncheon in the Warrior Café
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9/229 am-1 pmArmed Forces Olympics

9/28Registration Deadline for Sprint Triathlon
Nsabsprinttriathlon2017.eventbrite.com

9/307 amSprint Triathlon: 1/2 mile Swim,12.4 Mile Bike, 3.1 Mile Run

9/3010 am-5 pmMaryland Renaissance Festival
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9/225:30 pmIntro to Rock Climbing \$10

9/239 amNaval Academy Tour \$5

9/285:30 pmEnd Of Summer Cookout

10/712 pm-9 pmNavy vs. Air Force Football \$23

10/115:30 pmMovie Night Premiere

10/1412 pm-7 pmDas Best Oktoberfest \$20

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